



## RE-AIM: Early Childhood

This planning and evaluation guide illustrates the five dimensions of the RE-AIM framework: **Reach**, **Effectiveness**, **Adoption**, **Implementation**, and **Maintenance** that will be used for LHD's Policy, Systems and Environment change evaluation and reporting. The RE-AIM framework is useful for planning new interventions, adapting existing interventions, and designing evaluations that assess the potential public health impact of interventions.

**Reach:** Number of people in the target population affected. The extent to which the individuals reached are representative and include those most at risk.

### Coverage:

- Number of SNAP-Ed eligible children (incomes < 185% Federal Policy Level (FPL)) in the county\*

### Estimated actual reach:

- Number of children attending qualifying childcare centers with healthy eating and physical activity PSE intervention activities\*
- Number of SNAP-Ed eligible children (incomes < 185% FPL) attending qualifying childcare centers with healthy eating and physical activity PSE intervention activities\* (WRO – MT4, MT5)
- Demographic characteristics of participating children at qualifying childcare centers

**Effectiveness:** Measurement of environmental level changes that have been shown to improve individual's nutrition and physical activity.

- Number of qualifying childcare centers with improved scores on childcare assessment tool (for example, Contra Costa Child Care Council Self-Assessment Tool, Nutrition and Physical Activity Self-Assessment for Child Care - NAPSACC)) *[Report actual scores]* \* (WRO – LT9, LT10)
- Number of qualifying childcare centers that newly achieve national, state, or locally-defined standards for recognition program (such as *Let's Move* child care recognition). *[Specify recognition program]* \* (WRO – LT11)

**Adoption:** The number of settings and partners participating in PSE change. The appropriateness of the settings (and partners) for reaching/engaging the target population.

- Number and list of the following who are actively involved in improvements in healthy eating and physical activity policies in qualifying childcare centers
  - individual community members/local champions (youth, parents/caregivers, community members, staff/service providers, leadership/decision makers, local celebrities) *[Record numbers of each]* \* (WRO - ST5)
  - organizational task forces *[Record number and type of member organizations]* \* (WRO - ST6)
  - other partners not included above *[Record number and type]* \*
- Number of qualifying childcare centers that improve healthy eating policies \* (WRO – MT4)
  - Number of qualifying childcare centers that change the **food environment**: time allotted for meals; changes in menus; edible gardens; lactation supports or policies for mothers; improvements in free water taste, quality, smell, or temperature; rules on use of food as rewards, or foods served in classrooms. *[Indicate which changes were adopted]*
  - Number of qualifying childcare centers that make changes to **food procurement**: change in food purchasing specification(s); change in vendor agreement(s); farm-to-table; increase in fruits and vegetables, 100% whole grains, low-fat dairy, lean proteins; lower sodium levels; lower sugar levels; lower solid fats (saturated or trans fats). *[Indicate which changes were adopted]*
  - Number of qualifying childcare centers that make changes to **food preparation**: enhanced training on menu design and healthy cooking techniques; reduced portion sizes; use of standardized recipes. *[Indicate which changes were adopted]*
- Number of qualifying childcare centers that improve physical activity policies. \* (WRO – MT5)
  - Number of qualifying childcare centers that change **physical activity programs or practices**: new or stronger limits on entertainment screen time; new or improved access to structured physical activity programs *[Indicate which changes were adopted]*

**Implementation:** Evidence of multi-component PSE interventions that are implemented as intended (all key components are in place and of high quality).

- Number of qualifying childcare centers that report a multi-component initiative with one or more healthy eating policy improvements and
  - Evidence-based education *[describe]*
  - Marketing (including promotion, awareness efforts, etc.) *[describe]*
  - Parent/community involvement *[describe]*
  - Staff training on continuous program and policy implementation *[describe and report number trained]***\* (WRO – LT9)**
- Number of qualifying childcare centers that report a multi-component initiative with one or more physical activity policy improvements and
  - Evidence-based education *[describe]*
  - Marketing (including promotion, awareness efforts, etc.) *[describe]*
  - Parent/community involvement *[describe]*
  - Staff training on continuous program and policy implementation *[describe and report number trained]***\* (WRO – LT10)**

**Maintenance:** PSE change is maintained with a sustainability plan and institutional/community support. New barriers are prevented or mitigated.

- Number of qualifying childcare centers in which healthy eating and physical activity-related policy improvements are maintained or expanded\*
- Institutional or community (non-SNAP-Ed) resources invested in healthy eating and physical activity policy improvements (staff, cash, in-kind support) *[calculate percent change for each]* **\* (WRO – I3)**
- SNAP-Ed resources invested in healthy eating and physical activity policy improvements (staff, cash, in-kind support) *[calculate percent change for each]*
- Number of participating qualifying childcare centers with a plan for sustaining, evaluating, and improving PSE changes. **\* (WRO – I4)**
- Number and types of barriers/challenges prevented or mitigated through program implementation **\* (WRO - I5)**

**\*These are required, core PSE indicators that should be incorporated into final evaluation plan (if applicable to specific PSE).**

WRO indicators are from the USDA Western Region SNAP-Ed Nutrition, Physical Activity, and Obesity Prevention Outcomes Evaluation Framework, April 2014

<http://snap.nal.usda.gov/snap/WesternRegionEvaluationFramework.pdf>

ST represents short-term indicators, MT represents medium-term indicators, LT represents long-term indicators, I represents impact indicators (see framework for specifics for each indicator). These indicators will be compiled at the state level and reported to USDA Western Region.